## WINTER & SPRING 2007



# Medgar Evers Swimming Pool

www.seattle.gov/parks/aquatics/everspool.htm

## Swim Lessons \* Fitness Programs \* Family Swims

## **Sign Up for Summer Swim League!**



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**Medgar Evers Pool** 206-684-4766

> 500 23rd Ave Seattle, WA 98122





MISSION: Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

## MEDGAR EVERS SWIMMING POOL

#### Cashier Office Hours

 $\begin{array}{ll} \mbox{Monday} - \mbox{Friday} & \mbox{11 a.m.} - \mbox{8 p.m.} \\ \mbox{Closed } \mbox{\it M} - \mbox{\it F from 3} - \mbox{\it 4 p.m.} & \mbox{\it until mid-February} \\ \mbox{Saturday} & \mbox{8:30 a.m.} - \mbox{\it 5 p.m.} \\ \end{array}$ 

#### **Program and Office Closures**

New Year's Day Martin Luther King Day Presidents' Day Memorial Day Monday, January 1 Monday, January 15 Monday, February 19 Monday, May 28

#### **Swim Meet Closures**

Fridays 3 - 5:30 p.m.

January 5, 12, & 19

#### **Professional Staff**

Kristen Schuler — Aquatic Center Coordinator Wendy Van De Sompele — Assistant Coordinator Erika Payton — Pool Operator Shanna Buchanan — Lead Cashier Alvin Barnes, Lauren Wanwig, Matt Hipp,

and Gwen Maksym — Senior Lifeguards

## Medgar Evers Swimming Pool

500 23rd Ave Seattle, WA 98122 Phone: 206-684-4766 Fax: 206-684-4763

Served by Metro Buses 3, 4, 48, 84

www.seattle.gov/parks/aqautics/ everspool.htm

Contact the Seattle Parks and Recreation Information Line for other City resources and activities:

684-4075 or www.seattle.gov/parks

## Why buy the monthly FAST PASS?

- You will save money if you lap swim
   12 times per month or participate in
   10 fitness classes per month.
- It's good at all Seattle Parks Department swimming pools.
- You get to skip to the front of the line!





#### **Recreational Swim Fees**

Younger than 1 Year	Free
Youth (1 – 18)	\$2.75
Adults	\$3.75
Senior Adult (65+)/Special Populations	\$2.75
Recreation Swim Card (\$22 value)	\$20.00

#### **Fitness Program Fees**

Adults	\$4.75
Seniors/Special Pops/Youth	\$3.00
Fitness Card (\$33 value)	\$30.00
Weight Training Area (18 and older)	\$2 or \$1 with

Weight Training Area (18 and older) \$2 or \$1 with swim

#### **Montly Passes**

Adult FAST Pass \$45.00 Senior/Youth/Special Pops FAST Pass \$35.00

#### Rentals

Towels 50 cents
Just a shower \$3.75
Lockers 25 cents

## RECREATIONAL SWIMS & FITNESS

#### Lap Swim

Lap swim provides different strokes for different folks! Lanes are designated by speed. Enjoy lap swim while other fun programs are occurring. Lane availability varies, between 2 and 6.

#### **Early Morning Lap Swim**

Spring into your day early and speed up your metabolism for the rest of the day. *Please bring a Recreation Card or a check to pay and enter directly onto the pool deck.*Note Change

Mon, Wed, Fri 6:30 – 8 a.m. ends 2/2 6 – 7:30 a.m. begins 2/5

#### **Public Swim**

Water basketball, noodles and a fun time for all ages. Children younger than 6 years old or under 48 inches must be directly supervised in the pool by an adult within arms reach at all times.

Mon, Wed, Fri 6:30-8 p.m. Mon-Thu (shallow only) 4-5 p.m. Friday (shallow only) 4-5:30 p.m. Saturday 1:30-2:50 p.m. Saturday (shallow only) 4-5 p.m.

#### **Family Swim**

A public swim in the shallow end just for families! A parent or guardian must accompany youth age 17 and under into the water. This is an excellent time to bring young children to practice swimming skills and have fun. Children younger than 6 years old or under 48 inches must have an adult in the water & within arms reach at all times.

Tuesday & Thursday Noon -1 p.m. Friday Noon -1 p.m. Saturday 10 - 11 a.m.

#### **Pool Playland**

A fun and mellow swim for tots and their parents. Children younger than 6 years old or under 48 inches must have an adult within arms reach at all times.

#### **Shallow Water Exercise**

Burn calories and tone muscles to energizing music with a motivating instructor. This class gets your heart pumping with minimal impact on your joints. Our water pushes you as hard as you push our water.

Tuesday & Thursday 7-8 p.m. Saturday 9-10 a.m.

#### **Adapted Water Exercise**

This class is appropriate for anyone who wants a good joint-healthy workout. It's great for people with arthritic conditions and other physical limitations where joint mobility and flexibility is the priority. It is also beneficial for pregnant women, even in the third trimester. The aerobic portion of this workout is low-impact and features big band and jazz music.

Monday & Wednesday Noon – 1:00pm

#### **Masters Workout**

Take the next step and let our experienced swim coaches improve your technique and get you in shape. This is a mature, friendly workout designed to challenge YOU! **Note Change** 

Mon, Wed, Fri 6:30 – 7:30 a.m. ends 2/2 6 – 7 a.m. begins 2/5

Tuesday & Thursday 7-8 p.m.

#### **Deep Water Aqua Jogger**

Build strength and endurance, increase muscle tone, lose weight, and or/speed up recovery from an injury with this great water aerobics class. We provide flotation belts for an impact-free workout!

Mon, Wed 6:00 - 6:45 p.m. Friday 5:30 - 6:15 p.m.



## SWIMMING LESSONS & POLICIES



Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for FREE swimming lessons for all 3rd and 4th grade students enrolled in Seattle Public Schools. The FREE swim lesson program is available for the first-time beginner as well as the more advanced swimmer.

For "Learn to Swim" information please call Medgar Evers Pool or visit the website

www.seattle.gov/parks/aquatics/ learntoswim.htm

Home school & private school students may apply for a voucher at the above website.

#### **Hints for Swimming Lessons**

- Please sign up for lessons for the correct age group.
- Tot participants must be at least 6 months, and one parent per child needs to be in the water.
- Kinder participants must be 4 to 5 years old.
- Youth participants must be at least 6 years old.
- 3 year old participants must be 3 years old.
- Sorry, we cannot give credits or make-ups for missed classes.
- Please stay away from pool edge during lessons, and leave questions with the cashier or supervisor.
- Please stay in the spectator area during lessons and keep children not in the program with you at all times.
- Please limit shower time to conserve water and energy.
- A minimum of four students is required for all classes. Programs may be combined or cancelled if minimum enrollment is not met.
- Help children develop their skills and have fun by bringing them to a public or family swim.

#### **Refund Policy**

It is the policy of Seattle Parks and Recreation that:

- Anyone who registers for a class or program that is cancelled for any reason by Seattle Parks and Recreation will receive a full refund.
- Anyone who registers for a class or facility rental, and who requests a refund 14 days or more before its start (or before the second class of a session), may receive a refund minus a service charge.
- Anyone who registers for a class or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second class of a session), will receive no refund.
- Please read the entire policy, #7.16 for specific information

#### **Anti-discrimination Policy**

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap (Seattle Municipal code 18.12.280)

#### **ADA Compliance**

Parks will make reasonable accommodation on request for persons with disabilities. For sign language interpretation, auxiliary aids, or other accommodation, please call the facility or call 206-615-0140 or TDD 206-223-7061. Please allow 10 working days advance notice.

#### Fees and Charges

Fees and charges are necessary to provide financial support to Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund.

#### **Credit Cards Accepted**

If you would like to pay for a class with a credit card, please drop by the pool office or call with your information. Visa, MasterCard and American Express are welcome.

#### **Diaper Policy**

In the interest of public health, young children who are not toilet trained must wear swimming diapers or a cloth diaper that has tight fitting legs. Sorry, no regular disposable diapers or loose fitting swimsuits are allowed. Children's swim diapers are available for sale.

#### **Scholarships**

We offer reduced fees for swim lessons to people who qualify under low income guidelines.

## SWIMMING LESSON DESCRIPTIONS

## **Summer Swim League**

Ages 7-18

Summer Swim League helps bridge the gap between our lesson program and the USS/USA Swim Clubs. We provide a positive team experience for novice swimmers and teach the skills needed to become competitive swimmers in a fun, low-pressure situation. Swim meet participation is not required.

#### **Program Dates:**

June 25 - August 4, 2007

Workouts:

 $\begin{array}{lll} \text{Mon, Wed, Fri} & 8-9 \text{ a.m.} \\ \text{Tue, Thu} & 10-11 \text{ a.m.} \end{array}$ 

Swim Meets:

Fridays, July 6, 13 & 20 6 p.m. South Division Championships

Saturday, July 26 All City Championships Saturday, August 4

**Registration:** begins April 2, 2007 **Fee:** \$100 (includes team t-shirt)

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### **Personal Lessons**

Private swim instruction for all ages and ability levels. Our instructors are highly qualified and tailor the instruction to fit your individual needs. Personal lessons are great for anyone who is training for an upcoming event such as the Danskin triathlon, and for children who need some one-on-one work with an instructor.

1:1 \$25 per ½-hour; 2:1 \$35 per ½-hour; 3:1" \$45 per ½-hour

#### **Refund/Transfer Policy**

We may issue a refund if a participant drops a lesson and notifies the program coordinator, 14 days before the scheduled date. The pool keeps a service charge of \$5 or 10% of the fee, whichever is greater. If a participant drops a lesson with less than 14 days' notice, no refund will be given. We may accept transfers with at least 48 hours' notice. Sorry, we cannot accept transfers with less than 48 hours' notice.

#### **Group Swimming Lessons**

See session times on next page.

#### **Tot Swim Lessons (6 months - 4 years)**

This class helps introduce infants and toddlers to the swimming pool. The instructor introduces basic water adjustment skills with an emphasis on enjoyment and relaxation. Each child must be accompanied in the water by a parent or other adult.

#### **Three Year old Swim Lessons**

This is the next step after Tots class and strictly for three-year-olds. The instructor will introduce basic swimming and water safety skills with an emphasis on enjoyment and relaxation. We maintain a 3:1 student to instructor ratio.

#### **Kinder Swim Lessons (4 – 5 years)**

This class is designed to teach the basic skills of swimming and water safety to kids ages 4-5. It helps build your child's confidence and provides a solid foundation for more advanced swimming skills.

#### Youth Levels 1-3 Swim Lessons (6 – 17 years)

We use the American Red Cross lesson format to provide a steady progression of swimming skills for youth.

Level 1: Introduction to Water Skills

Level 2: Fundamental Aquatic Skills

Level 3: Stroke Development

We will evaluate children and place them in the appropriate level class on the first day of class

#### Advanced Youth Levels 4-6 Swim Lessons (6 – 17 years)

The American Red Cross lesson format provides a steady progression of advanced swimming skills and water safety skills for youth.

Level 4: Stroke Improvement

Level 5: Stoke Refinement

Level 6: Swimming Skill Proficiency, Endurance, and Personal Water Safety

We will evaluate children and place them in the appropriate level class on the first day of class.

#### Special Population Swim Lessons (6 – 17 years)

We provide small or individualized classes for children with special needs. We have a comfortable pool lift and portable steps available for non-ambulatory patrons. For additional Special Populations programs, please call 206-684-4950.

#### Adult Swim Lessons (13 and up)

Swimming lessons for teens, adults and senior adults will help you reach your goals, whether you're a beginner or an advanced swimmer.

	Course	Days	Time	Dates	# classes	Fee	No Class	SPARC Code
	Tots	TTh	11 - 11:30 a.m.	1/2 - 2/1	10	\$50		12289
	Tots	TTh	6:30 – 7 p.m.	1/2 - 2/1	10	\$50		12290
	Tots	Sa	11 – 11:30 a.m.	1/6 - 2/17	7	\$35		12686
	3 Year Olds	TTh	11:30 a.m Noon	1/2 - 2/1	10	\$80		12294
	3 Year Olds	TTh	6:30 – 7 p.m.	1/2 - 2/1	10	\$80		12293
	3 Year Olds	Sa	Noon – 12:30 p.m.	1/6 - 2/17	7	\$56		12295
	Kinders	MW	11:30 a.m. – Noon	1/3 – 1/31	8	\$40	1/1 & 1/15	12272
7	Kinders	MW	6 – 6:30 p.m.	1/3 - 1/31	8	\$40	1/1 & 1/15	12277
C	Kinders	TTh	6 – 6:30 p.m.	1/2 - 2/1	10	\$50		12271
<u>S</u> i.	Kinders	Sa	11 – 11:30 a.m.,	1/6 – 2/17	7	\$35		12279
Session	Kinders	Sa	3:30 – 4 p.m.	1/6 – 2/17	7	\$35		12278
Se	Youth Level 1–3	MW	11:30 a.m. – Noon	1/3 - 1/31	8	\$40	1/1 & 1/15	12252
	Youth Level 1–3	MW	5 – 5:30 p.m.	1/3 - 1/31	8	\$40	1/1 & 1/15	12253
Winter	Youth Level 1–3	MW	5:30 – 6 p.m.	1/3 - 1/31	8	\$40	1/1 & 1/15	12254
ī	Youth Level 4–6	MW	5:30 – 6 p.m.	1/3 - 1/31	8	\$40	1/1 & 1/15	12303
<b>\begin{array}{c}</b>	Youth Level 1–3	TTh	5 – 5:30 p.m.	1/2 - 2/1	10	\$50		12251
>	Youth Level 1–3	TTh	5:30 – 6 p.m.	1/2 - 2/1	10	\$50		12250
	Youth Level 4–6	TTh	5:30 – 6 p.m.	1/2 - 2/1	10	\$50		12301
	Youth Level 1–3	Sa	11:30 a.m. – Noon	1/6 - 2/17	7	\$35		12255
	Youth Level 4–6	Sa	11:30 a.m Noon	1/6 - 2/17	7	\$35		12305
	Youth Level 1–3	Sa	3 – 3:30 p.m.	1/6 - 2/17	7	\$35		12257
	Youth Level 4–6	Sa	3 – 3:30 p.m.	1/6 - 2/17	7	\$35		12304
	Adults	TTh	6 – 6:30 p.m.	1/2 – 2/1	10	\$50		12244
	Adults	Sa	Noon – 12:30 p.m.	1/6 - 2/17	7	\$35		12245
	Tots	TTh	11 – 11:30 a.m.	2/6 – 3/8	10	\$50		12687
	Tots	TTh	6:30 – 7 p.m.	2/6 - 3/8	10	\$50		12688
	Tots	Sa	11 – 11:30 a.m.	2/24 - 4/7	7	\$35		12689
	3 Year Olds	TTh	11:30 a.m. – Noon	2/6 - 3/8	10	\$80		12297
	3 Year Olds	TTh	6:30 – 7 p.m.	2/6 - 3/8	10	\$80		12298
	3 Year Olds	Sa	Noon – 12:30 p.m.	2/24 - 4/7	7	\$56		13390
	Kinders	MW	11:30 a.m Noon	2/5 - 3/7	9	\$45	2/19	12280
7	Kinders	MW	6 – 6:30 p.m.	2/5 - 3/7	9	\$45	2/19	12281
$\Box$	Kinders	TTh	6 – 6:30 p.m.	2/6 - 3/8	10	\$50		12282
.0	Kinders	Sa	11 - 11:30 a.m.,	2/24 - 4/7	7	\$35		12283
35	Kinders	Sa	3:30 – 4 p.m.	2/24 - 4/7	7	\$35		12284
essio	Youth Level 1–3	MW	11:30 a.m. – Noon	2/5 - 3/7	9	\$45	2/19	12259
S	Youth Level 1–3	MW	5 – 5:30 p.m.	2/5 - 3/7	9	\$45	2/19	12260
er	Youth Level 1–3	MW	5:30 – 6 p.m.	2/5 - 3/7	9	\$45	2/19	12261
Winter	Youth Level 4–6	MW	5:30 – 6 p.m.	2/5 - 3/7	9	\$45	2/19	12306
Ę	Youth Level 1–3	TTh	5 – 5:30 p.m.	2/6 - 3/8	10	\$50		12262
>	Youth Level 1–3	TTh	5:30 – 6 p.m.	2/6 - 3/8	10	\$50		12263
	Youth Level 4–6	TTh	5:30 – 6 p.m.	2/6 - 3/8	10	\$50		12307
	Youth Level 1–3	Sa	11:30 a.m. – Noon	2/24 – 4/7	7	\$35		12264
	Youth Level 4–6	Sa	11:30 a.m. – Noon	2/24 – 4/7	7	\$35		12308
	Youth Level 1–3	Sa	3 – 3:30 p.m.	2/24 – 4/7	7	\$35		12265
	Youth Level 4–6	Sa	3 – 3:30 p.m.	2/24 – 4/7	7	\$35		12309
	Adults	TTh	6 – 6:30 p.m.	2/6 - 3/8	10	\$50		12246
	Adults	Sa	Noon – 12:30 p.m.	2/24 – 4/7	7	\$35		12247
	Tots	TTh	11 – 11:30 a.m.	3/13 – 4/5	8	\$40		12690
<b>W</b> 3	Tots	TTh	6:30 – 7 p.m.	3/13 – 4/5	8	\$40		12691
>	3 Year Olds	TTh	11:30 a.m. – Noon	3/13 – 4/5	8	\$64		12299
	3 Year Olds	TTh	6:30 – 7 p.m.	3/13 – 4/5	8	\$64		12300

	Course	Days	Time	Dates	# classes	Fee	No Class	SPARC Code	
က	Kinders	MW	11:30 a.m. – Noon	3/12 - 4/4	8	\$40		12285	
ב	Kinders	MW	6 – 6:30 p.m.	3/12 - 4/4	8	\$40		12286	
essio	Kinders	TTh	6 – 6:30 p.m.	3/13 - 4/5	8	\$50		12287	
SS	Youth Level 1–3	MW	11:30 a.m. – Noon	3/12 - 4/4	8	\$40		12266	CO
ĕ	Youth Level 1–3	MW	5 – 5:30 p.m.	3/12 - 4/4	8	\$40		12267	P
S	Youth Level 1–3	MW	5:30 – 6 p.m.	3/12 - 4/4	8	\$40		12268	
<u>r</u>	Youth Level 4–6	MW	5:30 – 6 p.m.	3/12 - 4/4	8	\$40		12310	
<b> </b>	Youth Level 1–3	TTh	5 – 5:30 p.m.	3/13 - 4/5	8	\$40		12269	mg
Winter	Youth Level 1–3	TTh	5:30 – 6 p.m.	3/13 - 4/5	8	\$40		12270	90
<b> </b>	Youth Level 4–6	TTh	5:30 – 6 p.m.	3/13 - 4/5	8	\$40		12311	Z
	Adults	TTh	6 – 6:30 p.m.	3/13 - 4/5	8	\$40		12248	P
	Tots	TTh	11 - 11:30 a.m.	4/17 – 5/10	8	\$40		13407	9
	Tots	TTh	6:30 – 7 p.m.	4/17 – 5/10	8	\$40		13408	
	Tots	Sa	11 - 11:30 a.m.	4/21 – 6/16	9	\$45		13409	tra
	3 Year Olds	TTh	11:30 a.m. – Noon	4/17 – 5/10	8	\$64		13420	3
	3 Year Olds	TTh	6:30 – 7 p.m.	4/17 – 5/10	8	\$64		13421	ti
	3 Year Olds	Sa	Noon – 12:30 p.m.	4/21 – 6/16	9	\$72		13422	io
	Kinders	MW	11:30 a.m. – Noon	4/16 - 5/9	8	\$40		13398	n
~	Kinders	MW	6 – 6:30 p.m.	4/16 – 5/9	8	\$40		13399	
ssion	Kinders	TTh	6 – 6:30 p.m.	4/17 – 5/10	8	\$40		13400	Ь
.2	Kinders	Sa	11 – 11:30 a.m.,	4/21 – 6/16	9	\$45		13401	(P)
SS	Kinders	Sa	3:30 – 4 p.m.	4/21 – 6/16	9	\$45		13432	gi
O	Youth Level 1–3	MW	11:30 a.m. – Noon	4/16 – 5/9	8	\$40		13431	
S	Youth Level 1–3	MW	5 – 5:30 p.m.	4/16 – 5/9	8	\$40		13432	<b>S</b>
pring	Youth Level 1–3	MW	5:30 – 6 p.m.	4/16 – 5/9	8	\$40		13433	7
Ė	Youth Level 4–6	MW	5:30 – 6 p.m.	4/16 – 5/9	8	\$40		13425	12
ᅙ	Youth Level 1–3	TTh	5 – 5:30 p.m.	4/17 – 5/10	8	\$40		13434	
ဟ	Youth Level 1–3	TTh	5:30 – 6 p.m.	4/17 – 5/10	8	\$40		13435	C
	Youth Level 4–6	TTh	5:30 – 6 p.m.	4/17 – 5/10	8	\$40		13426	March
	Youth Level 1–3	Sa	11:30 a.m. – Noon		9	\$45		13436	
	Youth Level 4–6	Sa	11:30 a.m. – Noon		9	\$45		13427	100
	Youth Level 1–3	Sa	3 – 3:30 p.m.	4/21 – 6/16	9	\$45		13437	
	Youth Level 4–6	Sa	3 – 3:30 p.m.	4/21 – 6/16	9	\$45		13428	
	Adults	TTh	6 – 6:30 p.m.	4/17 – 5/10	8	\$40		13393	
	Adults	Sa	Noon – 12:30 p.m.	4/21 – 6/16	9	\$45		13394	
	Tots	TTh	11 – 11:30 a.m.	5/15 – 6/14	10	\$50		13410	
	Tots	TTh	6:30 – 7 p.m.	5/15 – 6/14	10	\$50		13411	
7	3 Year Olds	TTh	11:30 a.m. – Noon	5/15 – 6/14	10	\$80		13423	
	3 Year Olds	TTh	6:30 – 7 p.m.	5/15 – 6/14	10	\$80	- /	13424	L.7
<u>.0</u>	Kinders	MW	11:30 a.m. – Noon	5/14 – 6/13	9	\$45	5/28	13403	7
S	Kinders	MW	6 – 6:30 p.m.	5/14 – 6/13	9	\$45	5/28	13405	G
Session	Kinders	TTh	6 – 6:30 p.m.	5/15 – 6/14	10	\$50	F/00	13406	7
Ś	Youth Level 1–3	MW	11:30 a.m. – Noon	5/14 – 6/13	9	\$45	5/28	13438	2
0	Youth Level 1–3	MW	5 – 5:30 p.m.	5/14 – 6/13	9	\$45	5/28	13439	SPARC.
ᆵ	Youth Level 1–3	MW	5:30 – 6 p.m.	5/14 – 6/13	9	\$45	5/28	13440	
Spring	Youth Level 4–6	MW	5:30 – 6 p.m.	5/14 – 6/13	9	\$45 \$50	5/28	13429	R
S	Youth Level 1–3	TTh	5 – 5:30 p.m.	5/15 – 6/14	10	\$50 \$50		13441	0
	Youth Level 1–3	TTh	5:30 – 6 p.m.	5/15 – 6/14	10	\$50		13442	17
	Youth Level 4–6	TTh	5:30 – 6 p.m.	5/15 - 6/14	10	\$50		13430	
	Adults	TTh	6 – 6:30 p.m.	5/15 – 6/14	10	\$50		13395	I

## RENTALS, SPECIAL EVENTS, & CLASSES

## **POOL PARTY!**

#### Rent the pool for your next special occasion!

Fridays after 8 p.m., Saturdays after 5 p.m., and Sundays after noon

Fees start at \$142 for a one-hour rental for up to 30 people. Our most popular party is \$188 for one hour in the pool and a one-hour lobby party for up to 30 kids.

Amenities include pool toys/floats, water basketball, one-meter diving board, rope swing, dry sauna, lifeguards & more!



#### The 23nd Annual **EMERALD CITY OPEN WATER SWIM**

Saturday, August 18, 2007

Andrew's Bay, Lake Washington (Seward Park) ½ or 1 mile swim

www.seattle.gov/parks/aquatics/openwaterswim.htm

9 a.m.

## Family Dive-In Movie Night

Swimming fun for the whole family. Enjoy swimming with all the lights out while watching a family-appropriate film! \$3.75 Adults / \$2.75 Youth

\$1 popcorn

Box Office opens at 6:15 p.m Showtime at 6:30 p.m.

Movie	Rating	Date
Hoodwinked	PG	Fri, January 19
Ice Age — The Meltdown	G	Fri, February 16
Garfield — Tail of Two Kitties	G	Fri, March 16
The Wild	G	Fri, April 20
Curious George	G	Fri, May 18
Aquamarine	PG	Fri, June 15



### **American** Red Cross

#### Lifequard Training Course(s)

Time: Mon – Fri 11 a.m. – 2 p.m.

and 3 - 6 p.m.

Dates: Monday, April 9 - Friday, April 13 Pretest: Friday, April 6 530 - 7 p.m.Participants must attend all sessions to be eligible for certification

Cost: \$90 (plus Lifeguarding Training Manual and pocket mask to be purchased from the American Red Cross: 206-323-2345)

- Must be 15 years old before last class
- Must pass the pre-course swim test

#### SPARC Code 12249

Another class will take place in May, and we will schedule Challenge courses for CPR and Lifeguard Training. Call for dates and info.



Explore our planet through the universal language of music! Enjoy a swim while our DJ spins world beats and global grooves, taking you on an international musical voyage to visit our neighbors across the seven seas!

6:30 - 8 p.m. Friday Public Swim

